

2012

RESOURCE GUIDE FOR  
SENIOR CITIZEN SERVICES  
IN WHITESIDE COUNTY



SENIOR NEXUS GROUP

8/1/2012

**I wish to thank everyone involved in the SENIOR NEXUS group who contributed toward this resource guide. A special thank you to...**

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Mary Cox, Lutheran Social Services of IL  
Maureen Frankfother, Sterling Police Dept.  
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Christina Gieselhart, Sinnissippi Health Center  
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Nancy Sweitzer, Alzheimer's Assoc.  
Emily Taylor, Lutheran Social Services of IL  
Cathy Weightman-Moore, Catholic Charities  
Bonnie Wood, Dept. of Human Services**

**Our goal was to design a resource guide specifically for senior citizens in Whiteside County, connecting them to the services they need and may be entitled to.**

**Local agencies may use this guide to refer senior citizens to additional resources.**

**As a group, we gathered and shared resource information to the best of our knowledge. We apologize if we inadvertently omitted any specific information or incorrectly entered**

**any materials. Our goal is to review this annually and make any additions, deletions, or corrections at that time.**

**This guide is free and accessible at [www.whitesidehealth.org](http://www.whitesidehealth.org) and [www.whitesidecountyseniorcenter.org](http://www.whitesidecountyseniorcenter.org)**

**Respectfully,**

*Beth Stark*

**Community Liaison**

**WHITESIDE HomeCare**

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## **ABUSE**

### **Illinois Dept. on Aging (24 hour hotline)**

P.O. Box 19003, Springfield, IL 62794-9003

866-800-1409

800-624-2459

[www.cbrx.il.gov](http://www.cbrx.il.gov)

### **Lutheran Social Services of Illinois (LSSI)**

1901 1<sup>st</sup> Ave., Sterling, IL 61081

815-626-7333

[www.lssi.org](http://www.lssi.org)

### **YWCA – Domestic Violence/Sexual Assault Program**

412 First Ave., Sterling, IL 61081

815-625-0333

815-626-7277 (24 hr. hotline)

## **ABUSE (housed residents)**

### **Nursing Home/Assisted Living:**

#### **Catholic Charities**

#### **LTC Ombudsman Program**

**800-369-0895**

#### **Illinois Dept. of Public Health Central Complaint Registry**

800-252-4343

Email [dph.ccr@illinois.gov](mailto:dph.ccr@illinois.gov)

### **Supportive Living:**

#### **Illinois Dept. of Healthcare & Family Services Hotline**

800-226-0768

Callers remain anonymous while calling the above numbers due to the sensitivity regarding possible abuse, neglect, and exploitation of older persons.

**Always call 911 first if immediate safety or medical attention is needed.**

## **ADULT DAYCARE/RESPIRE**

#### **Good Neighbor Care**

2705 Ave. E. Sterling, IL 61081

815-622-2800

#### **IL. Respite Coalition**

630-529-2871 Xt. 3231

[www.illinoisrespite.org](http://www.illinoisrespite.org)

#### **Pleasantview Rehab & Healthcare**

500 N. Jackson St., Morrison, IL 61270

815-772-7288

[www.petersenhealthcare.net](http://www.petersenhealthcare.net)

#### **Resthave Retirement and Nursing**

408 Maple Ave., Morrison, IL 61270

815-772-4021

#### **Rock Falls Rehab & Healthcare Center**

430 Martin Rd., Rock Falls, IL 61071

815-626-4575

**Transitions Nursing & Rehab.**  
1000 Dixon Ave., Rock Falls, IL 61071  
815-625-8510

### **ADVOCACY SERVICES**

**For residents of Nursing, Assisted or Supportive Living**  
Catholic Charities  
Ombudsman  
800-369-0895

### **ALCOHOL TREATMENT**

**Alcohol 24 Hr. Helpline**  
800-438-1150

**Alcohol AA Abuse Addiction Treatment Center of First Step**  
800-510-2437

**Alcohol A&A Abuse 24 Hour Able Helpline**  
800-299-6317

**Alcohol-Drug Treatment Referral**  
800-454-8966

**Alcoholics Anonymous 24 Hour Hotline**  
800-452-7990

**KSB Behavioral Health Services**  
815-285-5626

**Lutheran Social Services of IL (LSSI)**  
1901 First Ave., Sterling, IL 61081  
815-626-7333

**Recovery Zone**  
707 1<sup>st</sup> Ave. Suite A, Rock Falls, IL 61071  
815-626-2800

**Sinnissippi Centers**  
325 IL. Rt.2 Dixon, IL 61021  
800-242-7642

### **ALZHEIMER'S DISEASE**

**Alzheimer's Association  
Rock River Branch**  
93 S. Hennepin, Dixon, IL 61021  
815-285-1100  
800-272-3900 (24 hr. helpline)  
[www.alz.org/illinoiscentral](http://www.alz.org/illinoiscentral)

**Center for Alzheimer's Disease and Related Disorder's**  
SIU Regional Disease Research Center  
P.O. Box 19643  
Springfield, IL 62794  
217-545-8249  
[www.siumed.edu/alz](http://www.siumed.edu/alz)

**KSB Hospital – Behavioral Sciences & Assessment Center**  
403 E. First, Dixon, IL 61021  
815-288-5531  
[www.ksbhospital.com](http://www.ksbhospital.com)

**Whiteside County Health Dept.**  
**Dr. Albert Mensah**  
1300 West Second St.  
Rock Falls, IL 61071  
815-626-2230

## ALZHEIMER HOUSING

There are currently no facilities with secured units in Whiteside County. Below is a listing of facilities that may accept Alzheimer patients. See "Housing"

**Avonlea Cottages**  
2201 E. LeFevre Rd., Sterling, IL 61081  
815-626-5439

**Coventry Village**  
612 W. St. Mary's Rd.  
Sterling, IL 61081  
815-626-9020

**Four Season's  
Morrison Community Hospital**  
300 North Jackson  
Morrison, IL 61270  
815-772-4003

**Good Neighbor Care**  
2705 Ave. E., Sterling, IL 61081  
815-622-2800  
[www.goodneighbor.com](http://www.goodneighbor.com)

**Parkway Center**  
1801 Ave. G. Sterling, IL 61081  
815-626-1121

**Pinecrest Terrace – Alzheimer's Unit  
& Assessment Center**  
414 Wesley, Mt. Morris, IL 61054  
815-734-4103

**Pleasantview Rehab & Health Center**  
500 N. Jackson, Morrison, IL 61270  
815-772-7288

**Prophetstown Good Samaritan**  
310 Mosher Dr., Prophetstown, IL  
61277  
815-537-5175  
[www.good-sam.com](http://www.good-sam.com)

**Resthabe Retirement & Nursing**  
408 Maple Ave., Morrison, IL 61270  
815-772-4021

**Rock Falls Rehabilitation**  
430 Martin Rd., Rock Falls, IL 61071  
815-626-4575

**Sterling Pavilion**  
105 E. 23<sup>rd</sup> St., Sterling, IL 61081  
815-626-4264

**Transitions Nursing and Rehab.**  
1000 Dixon Ave., Rock Falls, IL 61071  
815-625-8510  
[www.transitionsnursingrehab.com](http://www.transitionsnursingrehab.com)

## ASSISTED LIVING FACILITIES

### Avonlea Cottages

2201 E. LeFevre, Sterling, IL 61081  
815-626-5439

### Good Neighbor Care

Sterling, IL 61081  
815-622-2800

### Heritage Woods of Sterling

Sterling, IL 61081  
815-625-7045

### Parkway Center (Sheltered also)

1801 Ave. G, Sterling, IL 61081  
815-626-1121

## BANKING HOME SERVICES

### Sauk Valley Bank

201 W. 3<sup>rd</sup> St., Sterling, IL 61081  
815-632-4486  
[www.saukvalleybank.com](http://www.saukvalleybank.com)

### U.S. Bank

305 Fourth Ave., Sterling, IL 61081  
815-622-2510  
[www.usbank.com](http://www.usbank.com)

## CANCER TREATMENT/SUPPORT

Also see "Hospice"

### Home of Hope

1637 Plock Rd., Dixon, IL 61021  
815-288-4673

### Northern IL. Cancer Treatment Center

327 IL. Rt. 2, Dixon, IL 61021  
815-284-1111  
Sterling 815-325-1111

### Stepping Forward Cancer Support Group

OSF St. Anthony Hospital  
Cancer Center Library  
815-227-2618

[Dean.W.Parker@osfhealthcare.org](mailto:Dean.W.Parker@osfhealthcare.org)

## COMPUTER TRAINING

### Whiteside Co. Senior Center

1207 W. 9<sup>th</sup> St., Sterling, IL 61081  
815-622-9230  
888-622-9230

[www.whitesidecountyseniorcenter.org](http://www.whitesidecountyseniorcenter.org)

### YWCA

412 1<sup>st</sup> Ave., Sterling, IL 61081  
815-625-0333

## CONSUMER PROTECTION

### Better Business Bureau

312-832-0500

[www.chicagoapp.bbb.org/complaint/new/](http://www.chicagoapp.bbb.org/complaint/new/)

**Consumer Fraud Hotline**

800-243-5377

**Crime Victims Assistance Line**

800-228-33678

**Environmental Crime Hotline**

888-288-9436

**Healthcare Hotline**

877-305-5145

**IL. Attorney General Office**

Lisa Madigan

815-967-3883

[www.illinoisattorneygeneral.gov/](http://www.illinoisattorneygeneral.gov/)

**Recall Hotline**

888-414-7678

**Seniors vs. Crime**

815-772-5222

**COUNSELING/MENTAL HEALTH**

**Catholic Charities, Diocese of Rockford**

815-399-4300

[www.catholiccharities.rockforddiocese.org](http://www.catholiccharities.rockforddiocese.org)

**David Owens, LCSW**

208 Brink Circle, Ste. 2, Sterling, IL

815-441-1152

Found on [www.Psychologytoday.com](http://www.Psychologytoday.com)  
[www.lifeexperiencescounseling.com](http://www.lifeexperiencescounseling.com)

**Donna Ripley, PhD**

300 1<sup>st</sup> Ave., Rock Falls, IL 61071

Medicare accepted, not medical card

**Hospice of the Rock River Valley (Grief Counseling)**

264 IL. Rt. 2, Dixon, IL 61021

815-288-3673

**Lenore Sparapani, LCSW**

Rock Falls, IL 61071

815-626-4751

**Lutheran Social Service of IL (LSSI)**

1901 First Ave., Sterling, IL 61081

[www.lssi.org](http://www.lssi.org)

**Margo Myers Counseling**

302 E. 5<sup>th</sup> St., Sterling, IL 61081

815-626-8760

(Self pay only)

**Pathway Counseling Services**

208 E. 4<sup>th</sup> St., Sterling, IL 61081

815-625-5583

815-973-3695

(Self-pay only)

**Sinnissippi Centers, Inc.**

2611 Woodlawn Rd., Sterling, IL 61081

815-625-0013

800-242-7642 (24 hr. crisis line)

[www.sinnissippi.com](http://www.sinnissippi.com)



**VA Outpatient Clinic**

406 Ave. C., Sterling, IL 61081  
815-632-6200

**Whiteside County Health Dept.  
Behavioral Health**

1300 W. Second St., Rock Falls, IL  
61071  
815-626-2230 Xt. 1291 or 1292

**YWCA of the Sauk Valley**

412 First Ave., Sterling, IL 61081  
815-625-0333  
815-626-7277 or 815-288-1011  
Sexual Assault/Domestic Violence  
[www.ywca.org](http://www.ywca.org)

**DENTAL**

**Whiteside Co. Dental Clinic (Prescott  
Clinic)**

1300 W. 2<sup>nd</sup> St., Rock Falls, IL  
61071 815-626-2230 Xt. 1265 or 1266

**NIAAA**

1111 S. Alpine Rd., Suite 600  
Rockford, IL 61108  
815-226-4901  
[www.nwilaaa.org](http://www.nwilaaa.org)

**DEPT. OF HUMAN SERVICES**

**DHS Office of Whiteside County**

2605 Woodlawn Rd., Sterling, IL  
61081

815-632-4045

M-F 8-5

[www.dhs.state.il.us](http://www.dhs.state.il.us)

**DIABETES SUPPORT**

**CGH Medical Center**

100 E. LeFevre Rd., Sterling, IL 61081

815-625-0400 Xt. 4971

M-F 8-5

[www.cghmc.com](http://www.cghmc.com)

**Lee/Whiteside Diabetes Association**

100 E. LeFevre Rd., Sterling, IL 61081

815-625-0400 Xt. 4586

M-F 8-4:30

[www.cghmc.com](http://www.cghmc.com)

**DISABILITIES SUPPORT**

**Building Bridges**

603 Freeport Rd., #A, Sterling, IL

61081

815-625-5306

Day Training M-F 8-4

[www.exceptional-care.org](http://www.exceptional-care.org)

**Northern IL. Center for Independent  
Living (NICIL)**

412 Locust St., Sterling, IL 61081

815-625-7860

**ORS – Office of Rehabilitation Services**  
815-625-8885

**Social Security Administration**  
3512 E. Lincolnway, Sterling, IL 61081  
800-772-1213  
M-F 9-3:30  
[www.socialsecurity.gov](http://www.socialsecurity.gov)

**VA Outpatient Clinic**  
406 Ave. C., Sterling, IL 61081  
815-632-6200  
M-F 8-4:30

**Whiteside Co. Health Dept.**  
Disability Case Mgt.  
815-626-2230 Xt. 1215

## **DOMESTIC VIOLENCE / SEXUAL ASSAULT**

**Illinois Coalition Against Sexual Assault**  
100 North 16<sup>th</sup> St., Springfield, IL 62703  
217-753-4117  
[sblack@icasa.org](mailto:sblack@icasa.org)

**Illinois Dept. on Aging**  
(24/7 hotline)  
866-800-1409

**IL. Sex Offender Registration Team (ISORT)**  
888-414-7678

**Lutheran Social Services of IL (LSSI)**  
815-626-7333

**National Domestic Violence Hotline**  
800-799-SAFE  
[www.thehotline.org](http://www.thehotline.org)

**Statewide Automated Victim Notification Center**  
618-529-6405  
[mbastien@atg.state.il.us](mailto:mbastien@atg.state.il.us)

**YWCA- Domestic Violence/Sexual Assault Program**  
412 First Ave., Sterling, IL 61081  
815-625-0333  
815-626-7277 (24 hr. hotline)

## **ELDERLY ASSISTANCE**

**Lutheran Social Services of IL (LSSI)**  
1901 1<sup>st</sup> Ave., Sterling, IL 61081  
815-626-7333  
800-252-4343  
[www.lssi.org](http://www.lssi.org)

**Riverbend Senior City and Transit**  
912 4<sup>th</sup> St., Fulton, IL 61252  
815-589-3925  
[www.riverbendseniorcenter.org](http://www.riverbendseniorcenter.org)

**Tri-County Opportunities Council (TCOC)**  
405 Emmons Ave., Rock Falls, IL 61071

815-625-7830

**Whiteside County Senior Center**

1207 West 9<sup>th</sup> St., Sterling, IL 61081  
815-626-7707

**EMERGENCY ASSISTANCE**

**EMERGENCY Dial 9-1-1**

**Poison Control Center**

800-942-5969

**EMPLOYMENT**

**Experience Works**

412 1<sup>st</sup> Ave. Sterling, IL 61081  
815-535-0034

**Illinois Dept. of Employment Security**

2323 E. Lincolnway, Sterling, IL 61081  
815-625-9648

**Lumea Staffing (Formerly Burton Placement)**

3917 E. Lincolnway, Sterling, IL 61081  
815-626-8168

**Manpower**

2401 E. Lincolnway, Sterling, IL 61081  
815-622-2814

**Tri-County Opportunities Council (Foster Grandparents)**

405 Emmons Ave., Rock Falls, IL 61071  
815-625-7830 800-323-5435

**FINANCIAL ASSISTANCE**

**Dept. of Human Services**

2605 Woodlawn Rd., Sterling, IL 61081

815-632-4045

[www.dhs.state.il.us](http://www.dhs.state.il.us)

**Good Neighbor Emergency Center**

1701 16<sup>th</sup> Ave., Sterling, IL 61081

815-625-5111

T,W,TH 9-11:45AM

**Salvation Army**

409 Ave. F., Sterling, IL 61081

815-625-1622

**Social Security Administration**

3512 E. Lincolnway, Sterling, IL

866-789-1093

**St. Vincent DePaul Society**

7 West 6<sup>th</sup> St., Sterling, IL 61081

815-625-0311

**Tri-County Opportunities Council (TCOC)**

405 Emmons Ave., Rock Falls, IL 61071

815-625-7830

**Veteran's Assistance Commission**  
1300 West 2<sup>nd</sup> St., Rock Falls, IL 61071  
815-626-8640

**Whiteside Co. Senior Center & Transportation**  
1207 W. 9<sup>th</sup> St., Sterling, IL 61081  
815-626-7707  
[www.whitesidecountyseniorcenter.org](http://www.whitesidecountyseniorcenter.org)  
(Housing and Medicare)

## FITNESS

**Duis Center**  
\*Water Aerobics  
211 E. St. Mary's Rd., Sterling, IL 61081  
815-622-6200

**Sterling Park District- Westwood**  
\*Senior Fitness Class  
1900 Westwood Dr., Sterling, IL 61081  
815-622-6201

**YMCA**  
\*Silver Sneakers Fitness Class  
\*Silver Swimmers Pool Exercise  
2505 YMCA Way, Sterling, IL 61081  
815-535-9622

**YWCA**  
\*Jazzercise  
412 1<sup>st</sup> Ave., Sterling, IL 61081  
815-625-0333

## FOOD PANTRIES

**Abiding Word Christian Center**  
806 E. Lynn Blvd., Sterling, IL 61081  
815-626-1827  
Call by 5pm Wednesday. Evening pick up after attaining service.

**American Legion Food Pantry**  
215 Washington St., Prophetstown, IL 61081  
815-537-2758  
Tues 9-11am

**Erie Food Pantry**  
Contact: Louise Wildt 309-659-2971  
3<sup>rd</sup> Friday of month

**First Christian Church of Rock Falls**  
506 5<sup>th</sup> Ave., Rock Falls, IL 61071  
815-626-2271  
Mon 11am-2pm  
Wed/Fri 9am-11:30am

**FISH Pantry**  
902 E. 5<sup>th</sup> St., Sterling, IL 61081  
815-626-1734  
Mon-Fri 9-11am MUST CALL FIRST!

**Fulton Food Pantry**  
(Enter on North Side)  
912 4<sup>th</sup> St., Fulton, IL 61081  
815-589-3671  
Thurs. 8:30-11:30am

**Helping Hands Nazarene Church**  
1208 E. 4<sup>th</sup> St., Sterling, IL 61081  
815-625-1146  
T/TH 9-11am

**Rock River Christian Center**  
1800 Prophet Rd., Rock Falls, IL 61071  
815-625-4371  
M/F 1-4pm

**Salvation Army**  
409 Ave. F., Sterling, IL 61081  
815-625-1622  
T/W/F 1-4pm

**St. Vincent DePaul Society**  
7 West 6<sup>th</sup> Street, Sterling, IL 61081  
815-625-0311  
Mon-Fri 1-3pm

**Trinity United Methodist Church**  
205 E. 10<sup>th</sup> St., Sterling, IL 61081  
815-626-7777  
T/W/TH 9-11:30am Need to get voucher at  
office of St. Paul Lutheran Church 1701 16<sup>th</sup>  
Ave., Sterling

**United Methodist Church**  
200 W. Lincolnway, Morrison, IL  
61270  
815-772-4030  
7:30-9:30am \*Need proof of address

**Whiteside County Senior Center**  
1207 W. 9<sup>th</sup> St., Sterling, IL 61081  
815-626-7707  
Tues 10am-12noon

**GRANDPARENT EDUCATION &  
COUNSELING**

**Lutheran Social Services of IL (LSSI)**  
1901 First Ave., Sterling, IL 61081  
815-626-7333

[www.lssi.org](http://www.lssi.org)

**Parents Again**  
(Grandparents raising Grandkids  
Support Group)  
Swedish American Hospital  
Rockford, IL 61109  
815-720-4265

**Whiteside Co. Health Dept.**  
1300 W. 2<sup>nd</sup> St., Rock Falls, IL 61071  
815-626-2230  
[www.whitesidehealth.org](http://www.whitesidehealth.org)

**OTHER RESOURCES:**

**Children's Home and Aid Center**  
910 2<sup>nd</sup> Ave., Rockford, IL 61104  
815-962-1043  
[www.childrenshomeandaid.org](http://www.childrenshomeandaid.org)

**Grandfamilies of America**  
301-358-3911  
[www.grandfamiliesofamerica.com](http://www.grandfamiliesofamerica.com)

**IL. Dept. of Children and Family  
Services – DCFS**  
800-232-3798  
24 Hr. Hotline 800-25-ABUSE  
[www.state.il.us/dcfs](http://www.state.il.us/dcfs)

**IL. Dept. of Healthcare and Family  
Services**  
[www.hfs.illinois.gov](http://www.hfs.illinois.gov)

**IL. State Board of Education**  
866-262-6663

[www.isbe.state.il.us](http://www.isbe.state.il.us)

**National Comm. Of Grandparents for Children's Rights**

888-659-3745

[help@grandparentsforchildren.org](mailto:help@grandparentsforchildren.org)

**State of IL. Dept. on Aging**

One Natural Resource Way #100,  
Springfield, IL 62702-1271

Senior Helpline: 800-252-8966

[www.state.il.us/aging](http://www.state.il.us/aging)

**Tri-County Opportunities Council**

703 First Ave., Sterling, IL 61081

815-625-6470

**GRIEF SUPPORT**

**Gaffey Home Nursing**

3408 East 23<sup>rd</sup> St., Sterling, IL 61081

815-626-3467

**CELEBRATIONS Grief Support Group**

Meets 2<sup>nd</sup> Monday of month 10-11:30am

**Home of Hope**

1637 Plock Rd., Dixon, IL 61021

815-288-4673

**LIVING WITH LOSS Support Group**

Meets Tuesdays 10am

**Hospice of the Rock River Valley**

264 IL. Rt. 2, Dixon, IL 61021

815-288-3673

800-646-9242

Meets at CGH, Classroom#2

2<sup>nd</sup> and 4<sup>th</sup> Tuesday of month

6:30-8pm

**McDonald Funeral Home**

1002 12<sup>th</sup> Ave., Sterling, IL 61081

815-626-6311

Call for dates/times.

**GROCERY DELIVERY**

**HYVEE Hometown Grocery**

(Fulton area)

877-933-3003

**Mr. G's Grocery**

214 Washington

Prophetstown, IL 61277

815-537-2011

(Local/In-town only)

**Sullivan's Foods Grocery**

300 N. Madison St., Morrison, IL

61270

815-772-4696

(Morrison area delivery only)

**HEALTH DEPARTMENT**

**Whiteside County Health**

**Department**

**Clinical Office:** 1300 W. 2<sup>nd</sup> St

Rock Falls, IL 61071

815-626-2230 or 866-230-2230

Fax: 815-626-2231

**Main Office:** 18929 Lincoln Rd.

Morrison, IL 61270

815-772-7411 or 800-772-4213

Fax: 815-772-4723

[www.whitesidehealth.org](http://www.whitesidehealth.org)

(Environmental and HomeCare are at this location)

## HEARING

### **NIA Hearing Clinic**

2002 E. 5<sup>th</sup> St., Sterling, IL 61081  
815-625-7931

### **NIAAA**

1111 S. Alpine Rd. Suite 600  
Rockford, IL 61108  
815-226-4901

[www.nwilaaa.org](http://www.nwilaaa.org)

### **Sterling Hearing Aid Center**

603 Freeport Rd., Sterling, IL 61081  
815-626-3220

### **ITAC**

#### **IL. Telecommunications Access Corp.**

Free Amplified phones and Caption  
Loan Program  
800-841-6167

Selection centers at Whiteside Co. Sr. Center  
and Riverbend Sr. Center

## HOME MEALS / DELIVERY

### ***Eureka Inn (NICAA Golden Meals)***

110 E. 3<sup>rd</sup> St.  
Prophetstown, IL 61277  
815-537-5571  
(Dine-In Only) Lunch

### **Julie's Café (NICAA Golden Meals)**

108 S. Main  
Albany, IL  
309-887-4320  
(Dine-In Only) Breakfast/Lunch

### **Golden Meals Rock Falls (NICAA)**

1409 8<sup>th</sup> Ave.  
Rock Falls, IL 61071  
815-626-4442

### **NICAA Senior Services (Golden Meals)**

115 E. Spring St. PO Box 506  
Freeport, IL 61032  
815-232-8896

### **The Legend (NICAA Golden Meals)**

Erie, IL  
Contact: RF Golden Meals 815-626-4442

## HOME NURSING SERVICES

### **CGH Home Nursing**

3010 E. Lynn Blvd.  
Sterling, IL 61081  
815-622-0863  
or 800-377-2828  
[www.cghmc.com](http://www.cghmc.com)

### **Gaffey Home Nursing & Hospice**

3408 E. 23<sup>rd</sup> St.  
Sterling, IL 61081  
815-626-3467 or 1-800-Homecare  
Fax: 815-626-8755

[www.gaffeyhomenursingandhospice.com](http://www.gaffeyhomenursingandhospice.com)

**Genesis Healthcare Inc.**

2605 Woodlawn Rd. Suite 1  
Sterling, IL 61081  
815-625-1115  
[www.genesis-healthcare.com](http://www.genesis-healthcare.com)

**Help at Home**

402 2<sup>nd</sup> Ave. Suite # 1  
Sterling, IL 61081  
815-535-0830  
[www.helpathome.com](http://www.helpathome.com)

**Lumea/Mercy Nursing Services**

3917 E. Lincolnway  
Sterling, IL 61081  
815-625-7764 or 800-438-5123  
Fax: 815-625-9807  
[www.mercynursing.com](http://www.mercynursing.com)

**WHITESIDE HomeCare**

18929 Lincoln Rd.  
Morrison, IL 61270  
815-772-4213 or 800-772-4213  
Fax: 815-772-2446  
[www.whitesidehealth.org](http://www.whitesidehealth.org)

**HOSPICE CARE  
(Servicing Whiteside Co.)**

**Gaffey Home Nursing & Hospice**

3408 E. 23<sup>rd</sup> St., Sterling, IL 61081  
815-626-3467  
[www.gaffeyhomenursingandhospice.com](http://www.gaffeyhomenursingandhospice.com)

**Hospice of the Rock River Valley**

264 IL. Rt. 2, Dixon, IL 61021  
815-288-3673  
[www.hospicerockriver.org](http://www.hospicerockriver.org)

**Passage Hospice**

929 S. Alpine Rd., Rockford, IL 61108  
815-226-7785  
[www.passageshospice.com](http://www.passageshospice.com)

**Serenity Hospice and Home**

1658 S. IL Rt. 2, Oregon, IL 61061  
815-732-2499  
[www.oglecountyhospice.com](http://www.oglecountyhospice.com)

**Unity Hospice**

1201 S. 7<sup>th</sup> St., Rochelle, IL 61068  
815-561-8866  
[www.unityhospice.com](http://www.unityhospice.com)

**VITAS Innovative Hospice Care  
Whiteside County**

105 Marquette St., LaSalle, IL 61301  
815-220-0021  
[www.vitas.com](http://www.vitas.com)

**HOSPITALS/CLINICS**

**CGH- Downtown Health Center**

15 W. 3<sup>rd</sup> St.  
Sterling, IL 61081  
815-625-0226  
[www.cghmc.com](http://www.cghmc.com)

**CGH- Health and Vision Center**

105 S. Heaton, Morrison, IL 61270



815-772-8100  
[www.cghmc.com](http://www.cghmc.com)

**CGH Clinic– Lynn Boulevard**

3010 E. Lynn Blvd.  
Sterling, IL 61081  
815-625-6750  
[www.cghmc.com](http://www.cghmc.com)

**CGH Medical Center**

Sterling, IL 61081  
815-625-0400  
[www.cghmc.com](http://www.cghmc.com)

**CGH Milledgeville Health Center**

601 East Old Mill St., Milledgeville, IL  
815-225-5040  
[www.cghmc.com](http://www.cghmc.com)

**CGH Prophetstown Health Center**

212 E. Railroad St.  
Prophetstown, IL 61277  
815-537-5050  
[www.cghmc.com](http://www.cghmc.com)

**CGH Rock Falls Health Center**

100 W. 1<sup>st</sup> St.  
Rock Falls, IL 61071  
815-625-4790  
[www.cghmc.com](http://www.cghmc.com)

**CGH Tampico Health Center**

123 S. Main St.  
Tampico, IL 61283  
815-438-2538

**CGH Vision and Oral Surgery Center**

10 West 3<sup>rd</sup> St.  
Sterling, IL 61081  
815-625-4790

**Community Health Clinic  
Whiteside County Health Dept.**

1300 West 2<sup>nd</sup> St.  
Rock Falls, IL 61071  
815-626-2230 or 866-230-2230  
Fax: 815-626-3847  
[www.whitesidehealth.org](http://www.whitesidehealth.org)

**Fulton Family Health Clinic**

1705 16<sup>th</sup> Ave., Fulton, IL 61252  
815-589-2121  
[www.maclinton.com](http://www.maclinton.com)

**Genesis Health**

530 12<sup>th</sup> St., Erie, IL 61250  
309-659-2215

**MCH- Morrison Community Hospital**

303 N. Jackson St.  
Morrison, IL 61270  
815-772-4003  
[www.morrisonhospital.com](http://www.morrisonhospital.com)

**MCH- Morrison Family Care Center**

303 N. Jackson St.  
Morrison, IL 61270  
815-772-5511  
Walk In Clinic 7 days/week 8am-8pm

**MCH- Specialty Clinic**

303 N. Jackson St.  
Morrison, IL 61270  
815-772-4003

[www.morrisonhospital.com](http://www.morrisonhospital.com)

**Morrison Family Health Clinic**

635 East Lincolnway, Morrison, IL  
61270

815-772-7491

An affiliate of Medical Assoc., Clinton, IA

**VA Outpatient Clinic**

406 Ave. C., Sterling, IL 61081

815-632-6200

M-F 8-4:30

**HOUSING (Income Based)**

**Christian Life Retirement Center**

15 E. 23<sup>rd</sup> St., Sterling, IL 61081

815-625-1401

**Civic Plaza II**

1113 5<sup>th</sup> Ave., Rock Falls, IL 61071

815-625-5558

**Crowne Hill Estates**

1101 W. 24<sup>th</sup> St., Rock Falls, IL 61071

815-626-5043

**Heritage Woods (Supportive Living)**

2202 Oak Grove Ave., Sterling, IL  
61081

815-625-7045

**NIAAA**

1111 S. Alpine Rd, Suite 600

Rockford, IL 61108

815-226-4901

[www.nwilaaa.org](http://www.nwilaaa.org)

**PADS Homeless Shelter**

111 E. 29<sup>th</sup> St., Sterling, IL 61081

815-626-2210

Closed: May 1 – Oct. 31

**Prophet Manor**

415 W. 2<sup>nd</sup> St., Prophetstown, IL

61277

815-537-5705

[www.good-sam.com](http://www.good-sam.com)

**Rock Falls Living Center**

2202 12<sup>th</sup> Ave., Rock Falls, IL 61071

815-622-9940

**Sterling Towers**

2403 E. 9<sup>th</sup> St., Sterling, IL 61081

815-626-6873

**Ster-Lynn Estates**

215 E. 25<sup>th</sup> St., Sterling, IL 61081

815-626-4381

**Tri County Opportunities**

815-625-7830

**Whiteside Co. Housing Authority**

401 West 18<sup>th</sup> St., Rock Falls, IL 61071

815-625-0581

**HOUSING INSPECTION**

**Rock Falls Building Dept.**

815-622-1108

**Rock Falls Fire Dept. (Life/Safety)**  
815-622-1135

**Sterling Code Enforcement**  
815-632-6624

**Sterling Fire Dept. (Life/Safety)**  
815-632-6680

**Whiteside County Health Dept.**  
18929 Lincoln Rd., Morrison, IL 61270  
815-772-7411 Xt. 104  
Email: [eh@whitesidehealth.org](mailto:eh@whitesidehealth.org)

**REPAIRS:**

**USDA Rural Development (Repair Loan)**

815-732-6127 Oregon Office  
815-875-8732 Princeton Office

**INDEPENDENT LIVING**

**Arrow Wood Estates**  
430 Martin Rd., Rock Falls, IL 61071  
815-626-4575

**Christian Life Retirement Center (Income Based)**  
15 E. 23<sup>rd</sup> St., Sterling, IL 61081  
815-625-1401  
[www.clrcgroup.com](http://www.clrcgroup.com)

**Good Neighbor Care**  
2705 Ave. E., Sterling, IL 61081  
815-622-2800

**Parkway Center (Sheltered Care also)**

1801 Ave. G., Sterling, IL 61081  
815-626-1121

**Prophet Manor Apartments (Income-Based)**

411 W. 2<sup>nd</sup> St., Prophetstown, IL 61277  
815-537-5705

**Resthave Retirement (Sheltered)**  
408 Maple Ave., Morrison, IL 61270  
815-772-4021

**Riverview Estates**

310 Mosher Dr., Prophetstown, IL 61277  
815-537-9982

**Sterling Cottages**

**(Formerly Coventry Cottages)**  
W. St. Marys' Rd., Sterling, IL 61081  
815-622-0242

**INFUSION/NUTRITION THERAPY**

**CGH Home Infusion**

3010 E. Lynn Blvd., Sterling, IL 61081  
815-622-0836 or 800-377-2828  
[www.cghmc.com](http://www.cghmc.com)

**Gaffey Home Nursing**

3408 E. 23<sup>rd</sup> St., Sterling, IL 61081

815-626-3467 or 800-Homecare  
Fax: 815-626-8755

[www.gaffeyhomenursingandhospice.com](http://www.gaffeyhomenursingandhospice.com)

### **WHITESIDE HomeCare**

18929 Lincoln Rd., Morrison, IL 61270  
815-772-4213 or 800-772-4213  
Fax: 815-772-2446  
[www.whitesidehealth.org](http://www.whitesidehealth.org)

## **LAW ENFORCEMENT**

Dial **9-1-1** for all Emergencies

### **Albany Police**

1-309- 887-4064 (non-emergency)

### **Erie Police**

834 Main St., Erie, IL 61250  
1-309-659-2244 (non-emergency)  
[www.villageoferie.org](http://www.villageoferie.org)

### **Fulton Police**

413 11<sup>th</sup> Ave., Fulton, IL 61252  
1-815-589-3617 (non-emergency)  
[www.cityoffulton.us](http://www.cityoffulton.us)

### **Illinois State Police**

Sterling District 1  
3107 E. Lincolnway, Sterling, IL 61081  
1-815-632-4010 (non-emergency)  
[www.isp.state.il.us](http://www.isp.state.il.us)

### **Lyndon Police**

1-815-778-4811 (non-emergency)

### **Morrison Police**

200 W. Main St., Morrison, IL 61270  
1-815-772-7659 (non-emergency)  
[www.morrisonil.org](http://www.morrisonil.org)

### **Prophetstown Police**

339 Washington St., Prophetstown, IL 61277  
1-815-537-2386 (non-emergency)  
[www.prophetstownil.com](http://www.prophetstownil.com)

### **Rock Falls Police**

1013 7<sup>th</sup> Ave., Rock Falls, IL 61071  
1-815-622-1140 (non-emergency)  
[www.rfpolice@rockfalls61071.com](mailto:www.rfpolice@rockfalls61071.com)

### **Sterling Police**

212 3<sup>rd</sup> Ave., Sterling, IL 61081  
1-815-632-6640 (non-emergency)  
[www.sterling-il.gov](http://www.sterling-il.gov)

### **Tampico Police**

1-815- 438-2505 (non-emergency)

### **Whiteside County Sheriff**

400 N Cherry St., Morrison, IL 61270  
1-815-772-4044 (non-emergency)  
[www.whiteside.org](http://www.whiteside.org)

## **LEGAL ASSISTANCE**

### **Illinois Attorney General**

Advocating for Older Citizens

Senior Citizens Fraud Helpline  
1-800-243-5377 (Toll Free)  
1-800-964-3013 (TTY)  
[www.illinoisattorneygeneral.gov](http://www.illinoisattorneygeneral.gov)

**Prairie State Legal Services**  
1705 Second Avenue, Suite 314  
Rock Island, Illinois 61201  
1-888-965-7757  
[www.pslegal.org](http://www.pslegal.org)

**Whiteside County State's Attorney**  
200 E. Knox St., Morrison, IL 61270  
1-815-772-5194  
[www.whiteside.org](http://www.whiteside.org)

**Whiteside County State's Attorney**  
Sterling Branch  
101 E. 3<sup>rd</sup> St., Sterling, IL 61081  
1-815-535-4540  
[www.whiteside.org](http://www.whiteside.org)

**LOW-INCOME HOME UTILITY ASSISTANCE**

**Albany Village Office**  
102 S. Main St., Albany, IL 61230  
309-887-4064

**Coloma Township**  
1200 Prophetstown Rd., Rock Falls, IL 61071  
815-625-5981

**Erie Portland Township**  
900 Lakeside Dr., Erie, IL

309-659-7537

**Fenton Township**  
Fenton Rd., Fenton, IL  
815-778-4950

**Fulton Township**  
4<sup>th</sup> and 10<sup>th</sup> Ave., Fulton, IL 61252  
815-589-3624

**Garden Plain Township**  
5909 Garden Plain Rd., Fulton, IL 61252  
309-887-4600

**Genessee Township**  
22231 Pilgrim Rd., Coleta, IL 61081  
815-336-9100

**Hahnaman Township**  
28806 Hub, Deer Grove, IL 61243  
815-438-2925

**Hopkins Township**  
24719 Emerson Rd., Sterling, IL 61081  
815-626-7569

**Hume Township**  
24178 Gaulrapp Rd., Tampico, IL 61283  
815-438-2521

**Jordan Township**  
28950 Penrose Rd., Sterling, IL 61081  
815-626-0504

**Lyndon Township**  
815-778-4497

**Montmorency Township**  
815-625-8663

**Mt. Pleasant Township**  
815-772-2077

**Newton Township**  
5520 Gaulrapp Rd., Erie, IL 61250  
309-659-7292

**Prophetstown Township**  
815-537-5325

**Sterling Township**  
815-625-3990

**The Salvation Army**  
409 Ave. F, Sterling, IL 61081  
815-625-1622  
M-W and Friday 9-12 and 1-4:30

**Tri-County Opportunities Council**  
405 Emmons Ave., Rock Falls, IL  
61071  
815-625-7830 or 800-323-5434  
[www.tcochelps.com](http://www.tcochelps.com)

## MEDICAID

**Local Office:**  
2605 Woodlawn Rd., Sterling, IL  
61081  
815-632-4045

800-226-0768  
[www.illinois.gov/hfs](http://www.illinois.gov/hfs)

**SHIP- Senior Health Insurance  
Program**  
**Riverbend Sr. Center**  
912 4<sup>th</sup> St., Fulton, IL 61252  
815-589-3925  
[www.riverbendseniorcenter.org](http://www.riverbendseniorcenter.org)

**SHIP-Senior Health Insurance  
Program**  
**Whiteside Co. Sr. Center**  
1207 W. 9<sup>th</sup> St., Sterling, IL 61081  
815-622-9230  
[www.whitesideseniorcenter.org](http://www.whitesideseniorcenter.org)

## MEDICAL EQUIPMENT

*Also see "Hospice"*

**Northern IL. Home Medical Supply**  
2600 N. Locust St., Sterling, IL 61081  
815-626-4041  
[www.cghmc.com](http://www.cghmc.com)

**The Home Health Lending Closet**  
Al and Betty Nelson  
815-626-3677

**Whiteside Co. Sr. Center**  
1207 W. 9<sup>th</sup> St., Sterling, IL 61081  
815-622-9230

## MEDICARE

800-MEDICARE

800-633-4227

[www.medicare.gov](http://www.medicare.gov)

## NIAAA

815-226-4901

[www.nwilaaa.org](http://www.nwilaaa.org)

## SHIP-Senior Health Insurance Program

### Riverbend Senior Center

912 4<sup>th</sup> St., Fulton, IL 61252

815-589-3925

## SHIP-Senior Health Insurance Program

### Whiteside County Senior Center

1207 W. 9<sup>th</sup> St., Sterling, IL 61081

815-622-9230

## MEDICATION

### DELIVERY:

#### Fitzgerald Pharmacy

124 E. Main, Morrison, IL 61271

815-772-3415

Deliver to Morrison and Prophetstown, In-town only

#### Hartig Drugs

316 Washington St., Prophetstown, IL 61277

815-537-2400

(Prophetstown, Lyndon and Erie)

## Wagner Pharmacy

915 13<sup>th</sup> Ave. North

Clinton, IA 52732

563-242-5944

Free Delivery to Fulton, IL before 2pm

## DISPOSAL:

### Sterling Police Dept.

Sterling, IL 61081

Drop Box in main lobby 24/7

### Whiteside Co. Sheriff's Dept.

400 N. Cherry St., Morrison, IL 61270

Drop box in main lobby 24/7

## FINANCIAL ASSISTANCE:

The Salvation Army 815-625-1622

NIAAA 815-226-4901

St. Vincent DePaul 815-625-0311

Tri-County Opportunities Council

815-625-6470

United Way 815-625-7973

## NURSING HOMES / LONG-TERM CARE FACILITIES

### Coventry Living Center (Skilled)

612 St. Mary's Rd., Sterling, IL 61081

815-626-9020

### Four Seasons (Skilled)

Morrison Comm. Hospital

303 N. Jackson St.

Morrison, IL 61270

815-772-4003

**Good Samaritan Society- Prophets Riverview (Skilled and Intermediate)**

310 Mosher Dr., Prophetstown, IL 61277

815-537-5175

[www.good-sam.com](http://www.good-sam.com)

**Harbor Crest Home (Intermediate)**

817 17<sup>th</sup> St. Fulton, IL 61252

815-589-341

**Pleasantview Home (Skilled)**

500 N. Jackson St.

Morrison, IL 61270

**Resthave Retirement & Nursing Home (Intermediate)**

408 Maple Ave. Morrison, IL 61270

815-772-4021

[www.resthavehome.com](http://www.resthavehome.com)

**Rock Falls Rehab & Healthcare Center (Intermediate)**

430 Martin Rd., Rock Falls, IL 61071

815-626-4575

[www.petersenhealthcare.net](http://www.petersenhealthcare.net)

**Sterling Pavilion (Skilled)**

105 E. 23<sup>rd</sup> St., Sterling, IL 61081

815-626-4264

[www.sterlingrehab.com](http://www.sterlingrehab.com)

**Tammerlane Health Center (Intermediate)**

3601 16<sup>th</sup> Ave. Sterling, IL 61081

815-626-0233

**Transitions Nursing and Rehab Center (Skilled)**

1000 Dixon Ave. Rock Falls, IL 61071

815-625-8510

[www.transitionsnursingrehab.com](http://www.transitionsnursingrehab.com)

**Winning Wheels (Skilled)**

701 E. Third St.

Prophetstown, IL 61277

815-537-5168

*STRIVE (Intermediate DD Facility)*

[www.winningwheels.com](http://www.winningwheels.com)

**PARISH NURSING**

**Bethel Reformed Church**

230 E. 23<sup>rd</sup> St., Sterling, IL 61081

815-626-1816

**First Christian Church**

506 5<sup>th</sup> Ave., Rock Falls, IL 61071

815-626-2271

**Good Shepherd Lutheran Church**

435 Martin Rd., Rock Falls, IL 61071

815-625-3376

**Grace Episcopal Church**

707 1<sup>st</sup> Ave., Sterling, IL 61081

815-625-0442

**Milledgeville Brethren Church**

6<sup>th</sup> St. & Main Ave., Milledgeville, IL 61051

815-225-7814



**New Life Lutheran Church**  
3312 E. 23<sup>rd</sup> St., Sterling, IL 61081  
815-499-6552

**Sacred Heart Catholic Church**  
2224 Ave. J, Sterling, IL 61081  
815-625-1134

**St. Andrew's Catholic Church**  
708 10<sup>th</sup> Ave., Rock Falls, IL 61071  
815-625-4508

**St. John's Lutheran Church**  
Sterling, IL 61081

**St. Mary's Catholic Church**  
600 Ave. B, Sterling, IL 61081  
815-625-0640

**St. Mary's Catholic Church**  
105 Benton St., Tampico, IL 61283  
815-438-5425

**Coordinator:**  
Connie VonHolten, RN  
CGH Medical Center  
815-625-0400 Xt. 5425

**PERSONAL EMERGENCY  
RESPONSE SYSTEM**

**Gaffey Home Nursing & Hospice**  
3408 East 23<sup>rd</sup> St., Sterling, IL 61081  
815-626-3467

**Lumea Staffing/Mercy Nursing**

3917 E. Lincolnway, Sterling, IL 61081  
815-625-7764

**Lutheran Social Services of IL (LSSI)**  
1901 1<sup>st</sup> Ave., Sterling, IL 61081  
815-626-7333

**N.I.H.M.S. (Northern IL. Home  
Medical Supply) \*Referral Only**  
2600 N. Locust St., Sterling, IL 61081  
815-626-4041

**PERSONAL RESPONSE SYSTEMS-  
Nationwide**

- [www.alert-1.com](http://www.alert-1.com)
- [www.amac.com](http://www.amac.com)
- [www.criticalsignaltechnologies.com](http://www.criticalsignaltechnologies.com)
- [www.healthcominc.com](http://www.healthcominc.com)
- [www.lifelinesystems.com](http://www.lifelinesystems.com)
- [www.lifestation.com](http://www.lifestation.com)
- [www.medicalguardian.com](http://www.medicalguardian.com)
- [www.rhsnet.org](http://www.rhsnet.org)
- [www.walgreensmedicalalertsyste.com](http://www.walgreensmedicalalertsyste.com)

**PETS (Abuse/Neglect)**

**Whiteside County Animal Control**  
815-625-3507

## PET SHELTERS

### **Granny Rose Animal Shelter**

613 River Lane, Dixon, IL 61021  
815-288-7387

### **Happy Tails Animal Shelter**

1408 McNeil Rd., Rock Falls, IL 61071  
815-626-299

## REHABILITATION

### **CGH- North Locust Rehab**

1809 N. Locust St., Sterling, IL 61081  
815-622-1210  
[www.cghmc.com](http://www.cghmc.com)

### **Good Samaritan Society-Prophets Riverview**

310 Mosher Dr., Prophetstown, IL  
61277  
815-537-5175  
[www.good-sam.com](http://www.good-sam.com)

### **Morrison Comm. Hospital**

303 N. Jackson St., Morrison, IL 61270  
815-772-4003

### **Rock Valley Physical Therapy**

635 E. Lincolnway, Morrison, IL 61270  
815-772-7274

### **Van Matre Rehabilitation Hospital**

950 S. Mulford, Rockford, IL 61108  
815-381-8500

## REHABILITATION- Homebound

### **CGH Home Nursing**

3010 E. Lynn Blvd., Sterling, IL 61081  
815-622-0836  
[www.cghmc.com](http://www.cghmc.com)

### **Gaffey Home Nursing**

3408 E. 23<sup>rd</sup>. St., Sterling, IL 61081  
815-626-3467  
[www.gaffeyhomenursingandhospice.com](http://www.gaffeyhomenursingandhospice.com)

### **WHITESIDE HomeCare**

18929 Lincoln Rd., Morrison, IL 61270  
815-772-4213  
[www.whitesidehealth.org](http://www.whitesidehealth.org)

## SCAMS

### **Rock Falls Police**

815-622-1140

### **Seniors vs. Crime Helpline**

815-772-5222

### **Sterling Police**

815-632-6640

### **Whiteside County Sheriff's Dept.**

For all rural areas / smaller towns  
815-772-4044

## SENIOR CENTERS

### **Riverbend Senior Center & Transit**

912 4<sup>th</sup> St., Fulton, IL 61252

815-589-3925

[www.riverbendseniorcenter.org](http://www.riverbendseniorcenter.org)

### **Whiteside County Senior Center & Transportation**

1207 W. 9<sup>th</sup> Street, Sterling, IL 61081

815-626-7707

[www.whitesidecountyseniorcenter.org](http://www.whitesidecountyseniorcenter.org)

## SKILLED NURSING SERVICES (In-home)

### **CGH Home Nursing**

3010 E. Lynn Blvd., Sterling, IL 61081

815-622-0836

[www.cghmc.com](http://www.cghmc.com)

### **Gaffey Home Nursing**

3408 E. 23<sup>rd</sup> St., Sterling, IL 61081

815-626-3467

[www.gaffeyhomenursingandhospice.com](http://www.gaffeyhomenursingandhospice.com)

### **KSB Home Care**

215 E. 1<sup>st</sup> St., Dixon, IL 61021

815-284-5710

[www.ksbhospital.com](http://www.ksbhospital.com)

## WHITESIDE HomeCare

18929 Lincoln Rd., Morrison, IL 61270

815-772-4213

[www.whitesidehealth.org](http://www.whitesidehealth.org)

## SOCIAL SECURITY

### **Social Security**

3512 E. Lincolnway, Suite C, Sterling, IL 61081

866-789-1093

800-772-1213

TTY 815-625-0657

[www.ssa.gov](http://www.ssa.gov)

## SUPPORT GROUPS

### **ACT (Abuse Changing Team)**

YWCA of the Sauk Valley

412 First Ave. Sterling, IL 61081

815-625-0343

[Website](#)

### **Alcoholics Anonymous**

800-452-7990

[www.aa-nia.org](http://www.aa-nia.org)

### **Alzheimer's Support Group & Helpline**

#### **Rock River Branch**

93 S. Hennepin, Dixon, IL 61021

815-285-1100

800-272-3900

[www.alz.org/illinoiscentral](http://www.alz.org/illinoiscentral)

**Aneurysm Support and Kidney  
Removal Support**

Dixon, IL 61021  
815-284-2472

**Bereavement – Home of Hope**

1637 Plock Rd., Dixon, IL 61021  
815-288-4673  
[www.homeofhopeonline.com](http://www.homeofhopeonline.com)

**Cancer Support Group  
Stepping Forward**

OSF St. Anthony Hospital  
Cancer Center Library  
815-227-2618  
[Dean.W.Parker@osfhealthcare.org](mailto:Dean.W.Parker@osfhealthcare.org)

**Caregiver Support Group**

LSSI- 1901 1<sup>st</sup> Ave., Sterling, IL 61081  
815-626-7333

**Celiac Disease Support Group  
KSB Hospital**

403 E. First St., Dixon, IL 61021  
815-288-3111

**Chronic Pain-American Chronic Pain  
Association Support Group**

Swedish American Hospital  
815-247-8885

**Diabetes Support Group  
CGH Medical Center**

Sterling, IL 61081  
815-625-0400 Xt. 4586

**Diabetes Support Group  
KSB Hospital**

403 E. First St. Dixon, IL 61021  
815-285-5531 Xt. 5973

**Diabetes- Swedish American  
Hospital**

Self Management Center  
815-489-4190  
Insulin Pump Self Management  
815-489-4190

**Epilepsy Support Group  
CGH Medical Center**

Classroom 1  
100 E. LeFevre Rd., Sterling, IL 61081  
[www.cghmc.com](http://www.cghmc.com)

**Hospice of the Rock River Valley**

264 IL. Rt. 2, Dixon, IL 61021  
815-288-3673  
[www.hospicerockriver.org](http://www.hospicerockriver.org)

**Narcotics Anonymous**

815-964-5959  
[www.rragdna.org](http://www.rragdna.org)

**NICIL- Northern IL. Ctr. For  
Independent Living**

412 Locust St., Sterling, IL 61081  
815-625-7860  
888-886-4245  
[www.nicil.org](http://www.nicil.org)

**Ostomy- Sterling Area Ostomy  
Assoc.**

CGH Classroom #1, Sterling, IL 61081  
Priscilla Knickel

815-537-8881

**Parents Again**

(Grandparents raising grandkids)  
Swedish American Hospital  
Rockford, IL 61109  
815-720-4265

**Parkinson's Support Group**

Good Neighbor Care  
2705 Ave. E., Sterling, IL 61081  
815-499-3691  
4<sup>th</sup> Wednesday at 2pm

**Pearl – YWCA**

412 First Ave., Sterling, IL 61081  
815-626-7277 (24 hours)  
815-625-0343

**Post- Polio Support Group**

**OSF St. Anthony's Hospital**  
5666 E. State St., Rockford, IL 61108  
815-988-4093

**Suicide Support Group**

264 IL. Route 2, Dixon, IL 61021  
815-288-3673

**THEFT/EXPLOITATION**

**Identity Theft Hotline**

866-999-5630

**TRANSPORTATION**

**First Transit**

887-725-0569

**Riverbend Senior Center and Transit**

815-589-589-3925  
[www.riverbendseniorcenter.org](http://www.riverbendseniorcenter.org)

**Whiteside County Senior Center & Transportation**

815-626-7707  
[www.whitesidecountyseniorcenter.org](http://www.whitesidecountyseniorcenter.org)

**VETERANS**

**Military/Veteran's Rights Hotline**

800-382-3000

**Veteran's Assistance**

716 6<sup>th</sup> Ave., Rock Falls, IL 61071  
815-626-2468  
(Located inside the IL. National Guard building)

**Veteran's Assistance Commission**

1300 West 2<sup>nd</sup> St., Rock Falls, IL 61071  
815-626-8640

**VA Outpatient Clinic**

406 Ave. C., Sterling, IL 61081  
815-632-6200

**VISION**

**Lions- Sterling/Rock Falls**

Adult Eyeglass Assistance  
815-632-4605

**NIAAA**

1111S. Alpine Rd., Suite 600

Rockford, IL 61108

815-226-4901

[www.nwilaaa.org](http://www.nwilaaa.org)

**VOLUNTEER OPPORTUNITIES****CGH Medical Center**

815-625-0400

**Hospice of the Rock River Valley**

264 IL. Rte. 2, Dixon, IL 61021

815-288-3673

**Riverbend Senior Center and Transit**

912 4<sup>th</sup> St., Fulton, IL 61252

815-589-3925

[www.riverbendseniorcenter.org](http://www.riverbendseniorcenter.org)

**Whiteside County Senior Center and  
Transportation**

1207 W. 9<sup>th</sup> St., Sterling, IL 61081815-  
622-9230

[www.whitesidecountyseniorcenter.or](http://www.whitesidecountyseniorcenter.org)

[g](http://www.whitesidecountyseniorcenter.org)